



KING PRAWNS WITH ITALIAN HERB CRUST

INGREDIENTS

- 200g King Prawns
- 1 tsp olive oil
- 20g Panko breadcrumbs
- 1/2 tsp Italian Herbs
- 130g orzo (or pasta of your choice)
- 6 cherry tomatoes
- 1/2 lemon
- a handful of chopped parsley

Prawns go really well with Italian Herbs, and the addition of the breadcrumbs adds a great texture to this dish. Serve with a simple flavoured orzo, or use the pasta of your choice.

INSTRUCTIONS

1. Prepare the prawns by removing the legs and de-veining, but leave the tails on
2. In a bowl combine the breadcrumbs with the Italian Herbs and a pinch of salt
3. Rub the prawns in olive oil and then add them to the breadcrumbs and mix to get a good coating
4. Cook the orzo (or pasta) for 10-12 minutes, and drain
5. Add a small amount of olive oil to a frying pan, and heat to a medium high heat. Add the prawns and cook for a couple of minutes on each side
6. Add the halved cherry tomatoes to the pan that you cooked the orzo in and cook over a high heat for 1 minute until the tomatoes just start to sweat. Add the drained orzo, the juice of half a lemon and the chopped parsley and stir to combine
7. Serve the prawns with the orzo



Feeds

2



Prep time

10 m



Cook time

20 m

